

# A HEALTHY HOME IS A PEST-FREE HOME. KEEP YOUR HOME PEST-FREE.

Integrated Pest Management (IPM) is a safe way to help get rid of cockroaches, mice, rats, ants, and other pests. IPM uses environmental change to help get rid of these creatures and reduces the need for poisons or pesticides, which can be dangerous to health.

**Residents, landlords, and pest control contractors all have a role in IPM.**

## PREVENT PESTS FROM ENTERING YOUR HOME

- ☐ Repair or replace torn window screens
- ☐ Fill and seal holes, cracks, and gaps
- ☐ Install or repair weather stripping around doors and windows
- ☐ Report conditions that need attention to maintenance or your landlord.

## WHAT TO EXPECT FROM YOUR LANDLORD

- ☐ A home free of leaks, cracks, holes, and torn window screens
- ☐ A home free of pests
- ☐ Help following these guidelines to get rid of any pests
- ☐ Outdoor trashcans with covers (to discourage rodents and other animals)
- ☐ Cleaned out empty apartments

## WHAT TO EXPECT FROM YOUR PEST CONTROL CONTRACTOR

- ☐ To check every room of your home
- ☐ To check drawers, closets and cabinets
- ☐ To leave traps in high pest areas
- ☐ To remove old traps and bait

## PREVENT PESTS IN THE KITCHEN

- ☐ Keep all food in sealed plastic or glass containers
- ☐ Use a covered wastebasket for trash
- ☐ Take the trash out every night
- ☐ Clean cooking grease from stove, walls and cabinets
- ☐ Keep sink clear of dirty dishes and water
- ☐ Clean floors often, especially around refrigerator and stove
- ☐ Clean pet bowls between meals; don't leave food or water out overnight
- ☐ Replace worn, cracked refrigerator seals

## PREVENT PESTS IN THE BEDROOM

- ☐ Avoid eating in the bedroom
- ☐ Remove dirty plates, food, and wrappers
- ☐ Repair flaking paint, loose or curling wallpaper
- ☐ Decrease clutter
- ☐ Place dirty laundry in a bag or hamper

## PREVENT PESTS IN THE BATHROOM

- ☐ Repair leaks around the sink, toilet, & tub
- ☐ Seal openings around the toilet and pipes

## PREVENT PESTS AROUND WATER

- ☐ Repair leaks under the sink
- ☐ Keep the sink dry when not in use

## REDUCE PLACES THAT PESTS CAN HIDE

- ☐ Reduce clutter, especially in closets, cupboards, and cabinets
- ☐ Recycle unused bags, paper, and newspaper

## PREVENT PESTS FROM RETURNING

- ☐ Vacuum roach and rodent feces
- ☐ Vacuum cabinets where pests are found
- ☐ Give everything a good soapy wash! (especially inside cabinets and drawers)
- ☐ Keep basements, attics, stairwells, and hallways clean and free of clutter
- ☐ Seal infested food and vacuum bags in a plastic bag and deposit outside in a closed trash can
- ☐ Clean out empty apartments

For more information, contact:

City of Long Beach  
Department of Health and  
Human Services  
Healthy Homes Program  
2525 Grand Avenue  
Long Beach, CA 90815  
562-570-4132



## HOME SAFE – SYSTEM FOR AN ASTHMA-FREE ENVIRONMENT

Pests like cockroaches and rodents, and the chemicals used to treat them, can contribute to asthma and other health problems.

[www.longbeach.gov/health](http://www.longbeach.gov/health)

Courtesy of the City of Boston